

Art Therapy

Grace Community Center

"Art Therapy is an established mental health profession that uses the process of art making to improve and enhance the physical, mental, and emotional well-being of individuals of all ages. It is based on the belief that the creative process involved in artistic self-expression helps people to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self-awareness and achieve insight."

American Art Therapy Association, [http://www. Arttherapy.org](http://www.Arttherapy.org)

Grace has a well established art therapy program run by a team of trained art therapists.

Current art therapy groups that we are offering include:

- *Open Art Studio*
- *Art Therapy Studio w/ a directive*
- *Beading*
- *Anger Management*
- *Individual Art Therapy*
- *Dance party/ art witness*

See schedule for details.